

ANNUAL NARRATIVE REPORT

STATE: ARIZONA

COUNTY: YAVAPAI

REPORT OF:

LUCINDA E. HUGHES

FROM: DECEMBER 1, 1950

to NOVEMBER 30, 1951

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PREFACE:

The following narrative report is a summary of the agent's activities in Yavapai County for the year of 1950-51. A total of two hundred and fourteen days was spent in Yavapai County this year, one hundred and thirty-nine days were devoted to work with adults and seventy-five days to 4-H club work.

I wish to take this opportunity to thank all National, State and County Extension workers who have given their most valuable time and assistance throughout the year.

HIGHLIGHTS:

Twenty-five Yavapai County women attended the Annual Program Planning meeting held in Flagstaff this year. The recommendations were considered by the agent to be truly indicative of their needs. In addition these recommendations followed the same line of thinking as the 1950 and 1951 program. This indicates that the women know what they are requesting as well as why they are requesting it. For example, in 1949 they studied "Eating for Health in Later Life and Weight Control." In 1950 they studied "Weight Control and Exercises to Harden those Flabby Muscles." In 1951 they studied "Lunches (box and home) in Relation to the Basic Seven." And in 1952 they have requested that they study "more of the Basic Seven with relation to low cost of foreign foods and bread making."

Three main home economic projects were studied this year. They were:

1. Clothing and Textiles.
 - a. Tailoring
 - b. Buymanship of textiles
2. Food Selection and Preparation.
 - a. Study of the "Basic Seven" with relation to lunches (box and home)
 - b. Buymanship of food
3. Home Management
 - a. Kitchen floor coverings
 - b. Detergents, water softeners and renovation of a damaged blanket
 - c. Buymanship of household equipment

Health activities were conducted in the preventive field. Fly control was the project.

Recreation was done in the county at meetings and by groups meeting together for pot luck and parties not the least of which was the bi-county wide style show and tea held at Camp Verde.

ORGANIZATION AND PLANNING

Program planning is probably the most important phase of an agent's entire program. Program planning encompasses a wide range of endeavor, from county-wide planning meetings to the planning of individual club programs and project meetings. Theoretically counties do their program planning one fall for the next year but throughout the year each club member is encouraged to be continuously considering the next year's program. For example an outgrowth of the improved lunches demonstration and study in 1951 encouraged the women to want to know more about breadmaking. Those that have to prepare box lunches want a more nutritious basic food than commercial bread to include in lunches.

There are many ways of planning a county program. The method used by this agent in Yavapai and Coconino counties is for individuals to submit their problems to Homemakers clubs and/or other organizations, then for these organizations to send representatives to a bi-county home demonstration planning meeting. All representatives come more or less instructed as to what the problems are in their own community. Discussion groups then meet together and attempt to unify their problems. That is they decide which problem is common to all areas and groups. Each group (for example clothing) may recommend as many as three or four problems for the county-wide program. Depending upon the scope of the problems one to three problems in each field will appear on the county program which then must be approved by the State office. Both the county and state workers feel that the Home Demonstration program should be a well rounded program, that there should be some work done in each of the four phases of homemaking, nutrition, clothing, home management and health. The homemakers in Yavapai County who participate in the Home Demonstration program are like all other homemakers throughout the state - they always want to do everything at the same time. The problems which they request are usually enough for at least a five year program.

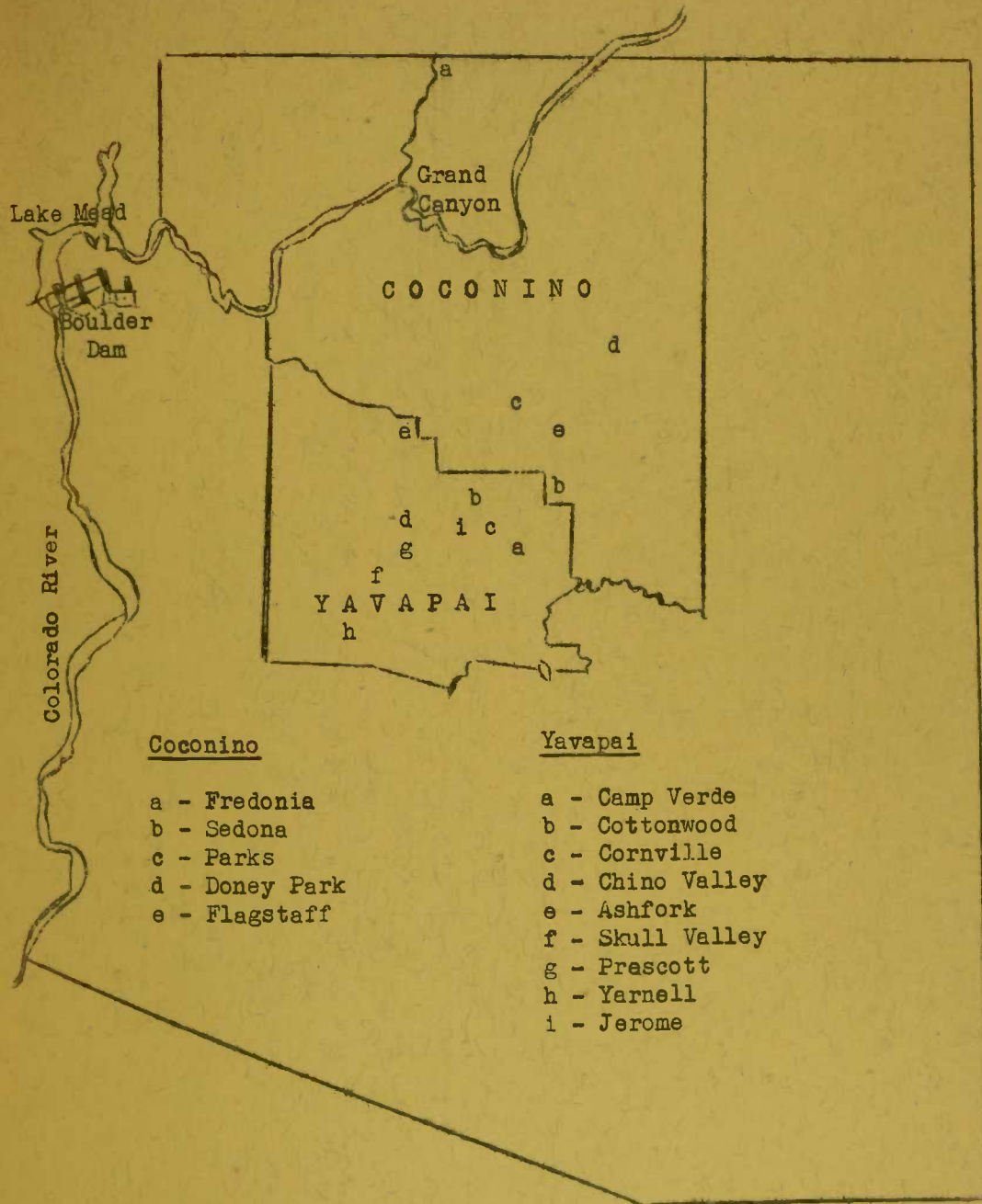
This year (1951) the bi-county program planning meeting was held at Flagstaff on October 26, 1951. Techniques used this year were:

1. A summary of last year's program requests and accomplishments was compiled and given to each woman attending. The method which we used for the Yavapai and Coconino counties report is much more easily understood by the average homemaker than are some of the other types of progress reports which this agent has seen used. (Copy attached)

1951

YAVAPAI & COCONINO COUNTIES

HOME DEMONSTRATION PLANNING CONFERENCE



PROGRAM FOR THE DAY

AND

PROGRESS REPORT FOR 1951

University of Arizona
College of Agriculture, Agricultural Extension Service

Cooperative extension work in agriculture and home economics,
the University of Arizona College of Agriculture and the
United States Department of Agriculture cooperating.

Flagstaff, Arizona
October 26, 1951

HOME DEMONSTRATION PROGRAM PLANNING DAY
Yavapai and Coconino Counties
October 26, 1951 - Flagstaff
Arizona State College

- 9:30 A. M. REGISTRATION
- 9:50 A. M. General Assembly
Meeting called to order
Purpose of the day
Ludinda E. Hughes
- 10:00 A. M. Welcome
Dr. Lacy E. Eastburn, President
Arizona State College, Flagstaff
- 10:10 A. M. The Importance of Planning
Jean Stewart
State Home Demonstration Leader
- 10:25 A. M. Agricultural Information and Outlook
William M. Brechan
County Agricultural Agent for Coconino
- 10:35 A. M. Agricultural Information and Outlook
Alvin Allen
County Agricultural Agent for Yavapai
- 10:45 A. M. RECESS
- 10:55 A. M. The Economic Situation and the Homemakers Role
in Maintaining Democracy
Thomas M. Stubblefield, Extension Economist
University of Arizona, Tucson
- 11:25 A. M. Report of the 1950-51 Home Demonstration Program
Lucinda E. Hughes
- 11:40 A. M. Division Into Discussion Groups
Chairman:
Clothing - Lora Rowland
Nutrition - Estelle Thomas
Home Management - Ray Stenhouse
Health - Lexa Madole

12:15 A. M. LUNCHEON - Vandevier Lodge
Chairman - Phyllis Manning

1:00 P. M. Foods of Other Lands - Margaret Pipes

1:45 P. M. Re-assemble into Discussion Groups

2:45 P. M. General Assembly
Reading of recommendations by secretaries,
discussion and adoption of recommendations of:

1. Clothing discussion group
2. Nutrition discussion group
3. Home Management discussion group
4. Health discussion group

3:00 P. M. HOMEWARD BOUND

Hostess Club --- Cinder-Hill Homemakers

PROGRAM PLANNING COMMITTEE RECOMMENDATIONS FOR 1951

AIMS

- Recommended:
1. To help people become aware of the part they play in making their community a wholesome and attractive place in which to live with adequate facilities for education, recreation, social and spiritual guidance.
 2. To help everyone become "label conscious" and use fair practice in buying.
 3. Improved (better) buying, conservation, preservation and service.
 4. To complete all projects started.

- Progress:
1. (a) 4-H Clubs organized and maintained in 12 communities throughout 2 counties. Sponsored and/or lead by Homemakers Clubs and members.
(b) Family Community Planning meetings held in 2 communities of Coconino County this year (Parks and Doney Park).
(c) Achievement day tea and style show held at Camp Verde this year.
(d) Clubs endeavor to learn new games each month.
(e) Rural libraries already established were maintained and furthered by homemakers groups.
 - 2-3. (a) 3 meetings held in each community on improved buying practices of Household Equipment, Foods and Clothing.
(b) The interpretation of labels and requests for additional information on labels of clothing was emphasized.
(c) Planning what to buy for each food dish was emphasized. For example: pink salmon for salmon loaf and red salmon for cold salmon plate.
(d) Advantages and/or disadvantages of pots and pans made of various materials. For example: pyrex, aluminum, granite, etc.

PROJECTS

Recommended: Clothing Group

- a. Tailoring (consider cost of material)
- b. Styling of Dresses
 - (1) Re-styling of old clothes
 - (2) Alterations
- c. Study of new textiles
- d. Making of comfortable house dresses

- Progress:a(1) Four tailoring classes taught to a total of 53 Homemakers. A coat or suit was made by each member and modeled at the style show in April at Camp Verde.
- (2) Leaders taught tailoring equipment pressing of woollens, making of bound buttonholes, sewing on of buttons, and other simple techniques at 2 different club meetings each.
- b. No report
- c. 2 leaders from each Homemakers club received leader training instructions in buymanship of textiles with special reference to synthetic fiber materials such as rayon and nylon. All club members learned to test for wool, cotton, linen, rayon, acetate rayon, and nylon. Labels were studied and recommendations made. Leaders did an excellent job of relaying this material.
- d. Principles were taught in September and October of 1950. Not many dresses were made. No work was done in 1951.

Recommended: Nutrition Group

- a. Home Freezing
- b. Basic Seven plan for better meal planning (continuation of 1949-50 study)
- (1) Emphasize meals for children
- (2) Lunch box lunches
- (3) Low-cost meals
- c. High altitude cookery
- d. Meals that can wait
- e. Garnishes and buffet entertaining

Progress:a. Home freezing demonstrations were conducted in 2 communities this year. Additional printed material and information was given by the agent to anyone requesting it. The importance of blanching of vegetables as against non-blanching was discussed with all homemakers groups by the agent.

In addition canning of foods, jelly, jam, preserves, etc. making were discussed and demonstrated. Standards for all types and classes of preserved foods were demonstrated and score sheets were given out.

Upon request pressure canner lids were tested.

- b. The basic seven plan for good nutrition was re-emphasized at all homemakers clubs in January. 15 homemakers participated. The importance of a good lunch either home or box was stressed. Nutritious lunches were planned and adapted to both home and box service.
- c. No demonstrations were given but printed material was given as requested.

d. No report

e. No report

Recommended: Home Management Group

- a. Better buying (not budgeting as such)
 - (1) Combine all fields of homemaking
 - b. Kitchens (d continuation of study)
 - c. Interior Decorations, etc.
 - (1) Upholstering
 - (2) Rug making
 - (3) Slip covers
- Additional recommendations made by health group:
- (4) Better lighting
 - (5) Hard water

- Progress:
- a. Improved buymanship demonstrations on buymanship of household equipment were given to all clubs this year. The important things to look for in the label of each piece of equipment was emphasized. Cookies were baked in 3 types of pans to show characteristics of metals. For example: black iron pan, pebbled tin, and aluminum.
 - b. Floor covers for the kitchen were demonstrated to all clubs by the agent in October. Advantages and disadvantages of each was determined by laboratory experiments done by the homemakers under the direction of the agent. Counter and table tops samples were shown but not discussed to any great extent.
 - c.(1) One demonstration was given on interior repair of furniture and two small (10 women) classes of the complete repair and covering of a chair was conducted by the agent.
 - (2) No report
 - (3) No report, although individual requests were met by the distribution of bulletins.
 - (4) No report
 - (5) Two leader training meetings were held on this in combination with the washing of blankets and their restoration. Leaders plan to hold meetings in all of their clubs in November.

Recommended: Health Group

- a. Pest control (flies).
- b. Safety on the farm (4-H).
- c. Safe milk as a community program.
- d. First aid.
- e. Continued emphasis on recreation.
- f. Safe water.
- g. Getting the most out of what you have.
- h. Community attitude towards tourists and newcomers.

- Progress:
- a. Community meetings with Dr. J. N. Roney, Agricultural Extension Entomologist lecturing were held all over Yavapai County in May and in the Parks area of Coconino County in June on fly control and household pests. Home visits were made by the agent, farm agent and Dr. Roney to observe conditions and make recommendations prior to the meeting. No large scale community projects were carried out but individuals in all areas did do a good job of fly control.
 - b. Farm safety was emphasized in all 4-H clubs in both counties.
 - c. The film on Brucellosis was shown in the Flagstaff area.
 - d. No report
 - e. Games were emphasized in all clubs.
 - f. No report
 - g. No report
 - h. New residence in each area are especially invited to all homemakers club meetings and are added to our county mailing lists.

2. Discussion group chairmen were furnished with material on trends in their particular fields. They were not given specific topics for selection as had been done in previous years. This type of discussion is much more difficult for the chairman to conduct and for the women to participate in but a review of the problems which were selected by the women shows that they can think for themselves if given the opportunity. As time goes on we feel that both the chairmen and the homemakers will become more proficient in these discussion groups. This type of discussion helps the women grow in their leadership activities.
3. All women attending were given a sheet outlining program planning discussion group procedure. (Copy attached)
4. The Extension Economist talked to the women present about the national and international economic situation and made recommendations to them of what they as homemakers could do to keep the United States a democratic country.
5. The sifting committee meeting was held with chairmen of the discussion groups immediately following the general meeting. This proved very successful because all members were present and what had been said in their discussion groups was still fresh in their minds.

Aims or goals recommended by the discussion groups and accepted in the general meeting were:

1. To increase efficiency to accomplish more.
2. To have good nutrition for greater efficiency.
3. To complete all projects started.
4. Large - more active membership in the Home Demonstration program and clubs.
5. All homemakers participate in Civil Defense.
6. Stabilization of the home through better managed families, for example participate in youth programs and cooperate with other agencies.
7. Consider inexperienced seamstresses.

**COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA**

Flagstaff

**University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Coconino County Cooperating**

**Agricultural Extension Service
County Agent Work**

October 26, 1951

PROGRAM PLANNING-DISCUSSION GROUP PROCEDURES

What Are The Groups For?

- To select, define, and work together on common problems.
- To develop ideas and insights which will help solve the problems.
- To identify persons and to get to know them.
- To discover helpful resources.

WHO DOES WHAT?

The point of view developed in the PP conferences is that all participants in a discussion group have responsibilities for all of the necessary functions in the group. These include leading, observing, recording, serving as a resource person, contributing to the flow of thinking and the like. The following is a suggested list of designated functions intended to refer to the assumption of chief responsibility by certain individuals and to insure that certain functions are performed continuously.

Each Group Member

- Helps decide on specific problems and ways of working as a group.
- Contributes ideas and suggestions related to the problem.
- Listens to what other members say and seeks helpful ideas and insights.
- Requests clarification when needed.
- Observes the group process and makes suggestions.
- Assumes various roles as needed.

The Leader

- Helps group get acquainted.
- Reports results of pre-conference planning for work of group.
- Helps group proceed with planning and deciding.
- Calls on group to clarify, analyze, and summarize problems and suggested solutions.
- Draws out the "timid soul" and keeps the dominant person from monopolizing.
- Assists recorder.

The Recorder

- Keeps a record of the main problems, issues, ideas, facts, and decisions as they develop in the discussion.
- Summarizes points and reports to group from time to time as needed.
- Prepares final group report and is responsible for getting it to proper clearing house.
- Reads the recommendations to the general assembly.

Resource Personnel

- Supply information or material at request of group or when such seems pertinent to discussion.
- Cite experiences at request of group or when such seems pertinent to discussion.
- Assist leader in moving toward achievement of goals.

Parts are selected from report by J. Cecil Parker, University of California, Berkeley.

Recommendations of the various groups for project work and study in 1952 were:

1. Clothing group:
 - a. Tailoring on materials other than wool
 - b. Finishing techniques (short cuts).
 - c. Tailored men's shirts.
2. Nutrition group:
 - a. Bread making.
 - (1) Bread.
 - (2) Basic sweet dough.
 - b. Basic Seven menus in relation to low cost foods and foreign foods.
(Use people in own community for specialties)
 - c. Home freezing - suggest that it be presented as a frozen meal.
 - (1) Discussion of new wrappings and foods to freeze.
 - (2) Frozen meals.
 - d. Preparation and preservation of game animals.
3. Home management group:
 - a. Upholstery (special interest).
 - b. Simple household repair.
 - Sink stoppage)
 - Light cords)
 - Iron cords)
 - Washers)
 - c. Fabric cleaning - rugs, upholstery.
 - d. Use of household textiles, drapery making.
 - e. Flower arrangements.
 - f. Textile painting and ceramics.
 - g. Multiple purpose rooms - (sewing, laundry, etc.)
4. Health group:
 - a. Fly control as a basic factor in any health program. Have joint meetings for improved coverage.
 - b. Water supply - private as well as public.
 - c. Financial problems of widows and single women.
 - d. Making members available for drives in welfare work, such as Red Cross, cancer, polio, T. B., blood banks, etc.

Extra:

Christmas gift suggestions.

A mimeographed report of the Bi-County Program Planning meeting was sent to each woman who attended the meeting and to all club presidents throughout the county. (Copy attached). This report served as a reiteration of the topics discussed at the planning meeting as well as giving the presidents a tentative idea of what the 1952 county Home Demonstration program would be. Some changes have recently had to be made in the sequence of the program in order to fit the various projects into the state plan of work but the projects remain the same.

One of the big advantages of publishing the meeting report and tentative schedule for the next year's program as soon as possible is that those women who assisted in the planning have an opportunity to see that their recommendations for the county program are actually to be followed.

The trend towards special interest meetings is becoming more pronounced. Last year (1951) we covered one project (tailoring) by meeting with special interest groups. This coming year (1952) we are scheduled to have two special interest subjects, furniture repair (upholstering), and tailoring of cotton and rayon fabrics. This trend towards special interest groups is both good and bad. Good because the women actually use the techniques taught right then but bad because they take so much of the agent's and specialist's time.

Leaders were trained last year to carry portions of three projects. These leaders did a good job of relaying the instructions which they received.

At the present time the agent is actively working with and/or cooperating with four homemakers clubs, three L. D. S. groups, the Yavapai Cowbells, the Kirkland Women's Club, the Yavapai Farm Bureau and the Yavapai County Fair Commission. By cooperating with all of these groups which are composed primarily of rural people, the agent is reaching more and more rural people.

The agent is still cooperating with the Yavapai County Fair Commission. By close cooperation with this group it has been possible to inject many educational features into the fair. Score cards for household items, canned foods, frozen foods and baked foods were included in the 1951 County Fair book. In addition to these score cards the following community booth score card was added this year:

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
P. O. BOX 388
PRESCOTT

UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE
U. S. DEPARTMENT OF AGRICULTURE
AND YAVAPAI COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

October 29, 1951

REPORT OF HOMEMAKERS' PROGRAM PLANNING MEETING

The third annual Yavapai and Coconino County Home Demonstration Program Planning day was held at the Flagstaff State College from 10 A. M. to 3 P. M. October 26, 1951. Forty-five county representatives of homemakers' clubs, LDS groups, women's clubs and Extension staff were present.

The Program Planning meeting was called to order in Room S-202 at Arizona State College, Flagstaff, by Lucinda E. Hughes, Home Demonstration Agent for both counties. In recognition of United Nations week, she emphasized that women of all the United Nations were meeting together and planning to broaden their concepts of home, community, county, state, national and international affairs and common interests; that all women of the United Nations have common interests of improved nutrition, health, children, economics and world peace.

Miss Hughes explained the Governor's Conference on Children and Youth being held in Phoenix, November 9 and 10, 1951. She announced that Esther Henderson, Dewey and Esther Butler, Doney Parks would represent the rural women of Yavapai and Coconino counties respectively. Miss Hughes also suggested that all homemakers' clubs contribute to the expenses of the representative from their county.

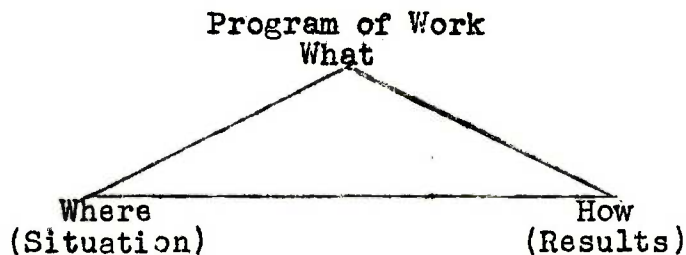
Dr. Robert A. Topp, Director of the Elementary (training) School welcomed the women to the college campus. He emphasized the all important role of women in our country.

Bill Brechan, Coconino County Agricultural Agent, told of the almost 100% crop failure of beans and small grain in Coconino County this year but emphasized that water and feed both looked good for this Fall and Winter. Mr. Brechan also emphasized the necessity of soil rebuilding.

Alvin Allen, Yavapai County Agricultural Agent mentioned the upward trend of certified seed prices and predicted a drop in beef prices in 1952.

Thomas M. Stubblefield, Agricultural Extension Economist, pointed out to the ladies the cause of inflation, briefly "the amount of currency surpasses the amount of civilian goods available." He also mentioned that the amounts of cotton and synthetic fibers available were high and those of wool were low, therefore, if we as homemakers want to do our part in not buying scarce articles and thus pushing prices even higher, in this instance we should buy cotton and synthetic fiber goods. The principle is "Buy goods in adequate supply and not those that are in low supply."

Miss Jean Stewart, State Home Demonstration Leader talked on planning, emphasizing the triangle by which we plan.



An excellent luncheon was served at the Vandivier Lodge, Flagstaff. Miss Margaret Pipes, Home Economist, Arizona State College, Flagstaff, took us on an imaginary trip "Around the World with Food." Miss Pipes' talk made everyone want to try out one of those "real sandwiches"; Smorgasbords, "Spit" cakes and other specialties.

As soon as the formal portion of the program was completed, the women divided into discussion groups. They discussed in the various fields of the Home Demonstration program and made their recommendations for the 1952 Home Demonstration program. Chairmen of the discussion groups were:

Mrs. Laura Rowland	-	Clothing
Mrs. Estelle Thomas	-	Nutrition
Mrs. Ray Stenhouse	-	Home Management
Mrs. Lexa Madole	-	Health

Aims or goals recommended by the discussion groups and accepted in the general meeting were:

1. To increase efficiency to accomplish more
2. To have good nutrition for greater efficiency.
3. To complete all projects started.

4. Large - more active membership in the Home Demonstration program and clubs.
5. All homemakers participate in Civil Defense
6. Stabilization of the home through better managed families, for example participate in youth programs and cooperate with other agencies.
7. Consider inexperienced seamstresses.

Recommendations of the various groups for project work and study in 1952 were:

1. Clothing group.
 - a. Tailoring on materials other than wool.
 - b. Finishing techniques (short cuts).
 - c. Tailored men's shirts.
2. Nutrition group.
 - a. Bread making
 - (1) Bread
 - (2) Basic sweet dough
 - b. Basic 7 menus in relation to low cost foods and foreign foods
(Use people in own community for specialties)
 - c. Home freezing - suggest that it be presented as a frozen meal.
 - (1) Discussion of new wrappings and foods to freeze
 - (2) Frozen meals
 - d. Preparation and preservation of game animals.
3. Home management group.
 - a. Upholstery (special interest)
 - b. Simple household repair
 - Sink stoppage)
 - Light cords)
 - Iron cords)
 - Washers)
 - c. Fabric cleaning - rugs, upholstery
 - d. Use of household textiles, drapery making
 - e. Flower arrangements
 - f. Textile painting and ceramics
 - g. Multiple purpose rooms
(sewing, laundry, etc.)

4. Health group
 - a. Fly control as a basic factor in any health program
Have joint meetings for improved coverage
 - b. Water supply - private as well as public
 - c. Financial problems of widows and single women
 - d. Making members available for drives in welfare work such as Red Cross, cancer, polio, T. B., blood banks, etc.

Extra

Christmas gift suggestions

Proposed plan of action to answer these problems - Home Demonstration Program. (This is tentative and will have to be O. K.'d by the State Office).

JANUARY	Bread making principles	Agent
FEBRUARY	Fancy breads	Leaders
	Furniture upholstering - special interest	Agent
MARCH	Furniture upholstering - special interest	Agent
	Furniture upholstering - club meetings	Leaders
APRIL	Tailoring - special interest	Agent
	Tailoring - club meetings	Leaders
MAY	Tailoring - special interest	Agent
	Tailoring - club meetings	Leaders
JUNE	Simple Household Repair	Agent
JULY	Freezing - Food Preservation	Agent
	Financial problems of widows and single women	Agent

AUGUST	Freezing - Food Preservation Financial problems of widows and single women	Agent Agent
SEPTEMBER	Basic 7 menus low cost and foreign foods - specialty foods	Leaders
OCTOBER	Basic 7 study	Agent
NOVEMBER	Christmas gift suggestions	Kit

Fly control and water supply with cooperation of County Agent, Home Demonstration Agent, specialists and both men and women in the community. Maybe Homemakers' clubs could arrange to meet with the Farm Bureau.

I hope that this report covers everything and that the proposed plan of work will be satisfactory with all concerned.

Sincerely yours,

Lucinda E. Hughes
Lucinda E. Hughes
HOME DEMONSTRATION AGENT

	Points
1. Uses effective caption or title sign	5
a. Short, catchy, appropriate, and well placed.	
b. Well worded to cover subject.	
c. Suggests action when appropriate.	
2. Draws attention	15
a. With something unusual: animals, motion, lights, clever design, color, special features, or effective use of an attendant.	
b. With attention-getter that reinforces and does not withhold attention from main idea presented.	
3. Arouses and holds interest until people have read or observed essentials of material presented....	25
a. Tells coherent, clear-cut, one-idea message.	
b. Arouses curiosity, emphasizes importance of problem or area.	
c. Promotes logical sequence of thought by systematic arrangement.	
4. Arouses a desire in people seeing the exhibit to adopt or use new ideas	25
a. Appeals to such motives as desire for profit, health, pleasure, recognition, comfort convenience, recreation and saving of time, energy and prosperity.	
b. Has some person or literature available to explain about exhibit.	
5. Presents pleasing appearance	25
a. Booth and material artistic neat and attractive.	
b. Whole commercial exhibits or major parts of such exhibits rented or borrowed from National, State or local sales agencies and those that advertise the commodity of any firm should be disqualified. Often-times we do have to borrow equipment from a company and display a sign saying it is borrowed, but this should not be the main theme of an exhibit, it should be just the props for our exhibit.	
6. Uses explanatory material effectively	5
a. Adequate material brief and easily read and understood.	
b. Size and number of charts, placards, etc. appropriate.	
Total Points	100

The agent feels that community booth exhibits at the County Fair are beneficial. This type of community cooperation serves to draw a community closer together by helping people to know each other better. In surveying any community for exhibits the workers often find that many people have talents and accomplishments which no one had realized. Seven communities participated in the community booth exhibits this year.

Community planning was done in Camp Verde, Cottonwood and Humboldt-Dewey in February and March 1951 for community fly control meetings. These meetings were jointly sponsored by the Homemakers Club and Lions Club, P. T. A. and Homemakers Club, and Farm Bureau and Homemakers Club respectively. News letters, posters, newspaper publicity and personal contacts were used to publicize these meetings.

The various clubs in the county (Homemakers club, L. D. S., Farm Bureau, Cowbells, Kiwanis, Lions, Cattle Growers) have all responded to the youth needs of the county. Wherever there is an opportunity they have actively sponsored the 4-H club program in the county and in their own community. This sponsorship has taken the form of:

1. Supplying or finding a leader.
2. Supplying funds for community, county and state events.
3. Giving of medals and other awards to outstanding 4-H'ers.
4. Assisting the leader by letting her know that the entire club is back of her.

HOUSE FURNISHINGS AND SURROUNDINGS:

Buymanship of Household Equipment

The agent and specialist planned these meetings so that they would attract the women towards a consideration of how they spend their money. Both the agent and the specialist were anxious to make this "touch" of buymanship interesting as well as instructive so that eventually some budgeting work can be done. Of necessity the road to budgeting is a rather slow, precarious route to travel. People are slow to accept recommendations on how they should handle their own money.

The aims of these meetings on buymanship were:

1. To improve buying practices.
2. To teach what to look for in specific cases and where to get specific information in all cases.
3. To encourage planned rather than impulse buying.

The agent emphasized the fact that there are specific reasons for today's average homemakers buying practices. That since the homemaker spends the majority of the family money she must realize:

1. Why we aren't good buyers.
2. Why we should be good buyers.
3. How we can become better and eventually good buyers.

The agent emphasized the principles of good buymanship. They are:

1. Planning what to buy.
2. Planning how much to spend.
3. Actual selection.

After the general discussion on buymanship the specific buymanship of pots and pans was discussed. Pots of all types of material were shown and their specific characteristics were discussed. These pans were:

1. Cast aluminum.
2. Sheet aluminum (light and heavy gauge).
3. Granite - 1, 2, 3 dip glaze.
4. Stainless steel with and without the copper and/or aluminum core.
5. Cast iron.
6. Tin.
7. Glass.
8. Pottery - glazed.

Naturally each woman had her own likes and dislikes, some of which were justified and some not. The agent endeavored to explain each of the good and bad characteristics and to point out the reasons for the characteristics.

Specific characteristics of cookie sheets were demonstrated by baking cookies. Cookies were baked, using three types of pans in the same oven for the same length of time at the same temperature. The three types of cookie sheets used were:

1. Black tin pan.
2. Pebbled tin pan - shiny.
3. Aluminum.

The women observed that:

1. The black pan burned the cookies.
2. The pebbled tin pan cooked without browning (desirable in cookies).
3. The aluminum pan made a brown edge all around the cookies (less desirable than unbrowned).

Thus they learned that dark metal attracts and holds heat while bright shiny metal reflects heat to a greater or lesser extent.

After the meetings on buymanship of pots and pans the agent was most interested in the comments made by some of the merchants in the various towns. Several of the hardware merchants told her that they hadn't known that there were so many "hot spots" on pans. Comments such as these

are gratifying because this is one way which we have of knowing that the information given is really being used. No matter how good the information is it is not worthwhile unless the homemaker actually puts it to use.

The agent also emphasized that in her planning the homemaker should consider the length of time and number of times which she plans to use an especial piece of equipment. That cast aluminum should not be bought for camp fire cooking, etc. The construction of pots and pans was discussed as well as the type of material used. The ease of cleaning was also taken into consideration.

Many homemakers remarked that they wished that they had known all of the points to consider before they bought their cooking utensils. The remarks of the local merchants indicate that they were serious in these comments.

Kitchen Floor Coverings

Last year in our kitchen improvement project we were concerned primarily with:

1. Work centers.
2. Work space.
3. Storage space.

Time did not permit us to get the floors covered. The women requested last year in our program planning for 1951 that we study kitchen floor coverings. This problem was especially pertinent this year because of the number of new types of floor coverings on the market. The aims of this problem were:

1. To teach the characteristics of various kitchen floor coverings.
2. To teach care of these floor coverings.
3. To lighten the homemakers housekeeping cleaning task.

The characteristics of the following floor coverings were discussed:

1. Felt backed linoleum.
2. Printed linoleum (three weights).
3. Inlaid linoleum (three weights).
4. Asphalt tile.
5. Plastic tile.
6. Rubber tile.

Samples of these floor coverings were demonstrated. The comparative and actual durability of each sample was discussed with reference to its initial cost. Emphasis was given to the fact that no linoleum type floor covering could be durable unless it was laid on a good base floor.

Emphasis was given to the care of these floor coverings in a laboratory session. Homemakers were asked to select the type of floor covering in which they were most interested and to test the effect of:

1. A strong detergent (Spick and Span).
2. A mild detergent.
3. An oil.
4. An acid.
5. Clorox.
6. Scouring powder.
7. Steel wool.

A white cloth was used to remove the spots of liquid so that any color fading could be noted.

It was found that a strong detergent such as Spick and Span had a "bleaching" effect on almost all of the floor coverings except the painted surfaces including the felt backed linoleum. Naturally the scouring powder and steel wool removed a film of the original floor covering to a greater or lesser extent depending upon the strength of the scourer. Everything effected the rubber and plastic tile. The women were very interested in this phase of the meeting. They really enjoyed testing the various floor coverings. One woman told of a "mighty sad" experience which she had several years ago with asphalt tile. In preparing breakfast one morning she dropped a piece of hot bacon on the floor, a hole just

the shape of the strip of bacon appeared in the tile. This story served to illustrate the importance of having grease resistant asphalt tile in the kitchen where accidents of this sort are the rule rather than the exception.

In the care of these floor coverings the agent emphasized following the manufacturers recommendations. For example a self polishing water base wax must be used on a linoleum type floor covering. Paste wax has a solvent in it which destroys the linoleum, in many cases simply dissolves it.

Detergents, Water Softeners and Renovation of Blankets

The Verde Valley portion of Yavapai County is noted for the hardness of its water. The homemaker's problem with hard water is a difficult one. It is difficult for her to wash dark dishes without having them streak and for her to wash her clothes without having them become grey and stiff.

The object of this problem was to teach:

1. How to test water for hardness.
2. How to interpret results in terms of amount and type of water softener to use.
3. How to renovate a damaged blanket and/or wash and preserve a new blanket.

With the assistance of the Home Management Specialist, leaders were trained and later took the information back to their clubs.

The water was found to vary in hardness from twenty-five to three grains of hardness. Twenty-five grains of hardness indicated that the homemaker using that water would have to use two and one-half cups of a water softener per washer full of water and about one and one-half cups of softener in her first rinse water. Leaders in each community were loaned the water sampling and detergent kit so that they could run tests for the hardness of water at their club meetings.

An interesting example of changes which can occur in the hardness of water was illustrated by two women who attended the Leaders Training Meeting from lower Oak Creek. These women live two or three miles apart but each uses Oak Creek as their household water supply. These women naturally assumed that their water samples would test the same. However,

this was not the case. The one farthest down the creek had harder water than did the other homemaker. This indicated that in the few miles involved the water ran through or over some type of soil or stone which very noticeably increased the hard minerals in the water. Minor occurrences of this sort served to emphasize to the women that each of them as rural homemakers had a separate problem. Realizing this the trained leaders were more anxious than ever to adequately relay accurate information to each and every one of their club members.

The problem on renovation of a damaged blanket used the principles taught on water hardness plus the principle of soaking the blanket rather than agitating it. It was emphasized that harshness and shrinkage of a blanket is caused by:

1. A deposition of soap and curds in and around the wool fibers.
2. Too hot a water.
3. Too much agitation.
4. Overheating in the drying process.

The agent felt that one of the most impressive portions of the blanket washing was the discussion of the curds settling in and around the fibers. These curds cause greying in cotton clothes. Although homemakers often feel that they improve the looks of their clothes with strong bleaches such as clorox they actually leave the curds still in the material. They are simply bleaching the curd, not removing it. Through proper washing methods (the use of the right quantity and quality of water softener) they can eliminate the curd, thus eliminating the necessity for using strong bleaches.

At the leader meeting, leaders not only explained how to test water for hardness but they demonstrated the washing of a damaged blanket and how to brush it. Everyone also tested her own water for grains of hardness.

The agent has been interested to observe that each leader apparently had a badly damaged blanket at home. Each leader went home and worked on her own blanket according to Miss Ryan's recommendations. The results were gratifying to them and impressive to their friends, neighbors and club members.

Furniture Repair

In answer to special requests the agent conducted two Leaders Training meeting for L. D. S. ladies on interior repair of a chair and upholstering. This was conducted more or less as are special interest group. The homemakers actually repaired and upholstered a chair. In this case all homemakers worked on one chair. A beautiful job of repairing and re-covering this chair was done. Each woman attending then agreed to help women in her own area with similar problems.

CLOTHING AND TEXTILES:

Tailoring of woolen suits and coats was this year's (1951) primary clothing project. Forty-four women made either a suit or coat under the supervision of the clothing specialist and the Home Demonstration Agent. This project was conducted in special interest groups. Those women who made suits or coats were responsible as trained leaders for two months club meetings. They demonstrated:

1. Pressing equipment and how to press.
2. Making of bound button-holes and how to sew on buttons.

Although the largest percentage of the regular club members either did not feel competent to make a tailored suit or they did not have the desire to do so, they were extremely interested in the particular phases of the course which leaders brought them.

The aims of the clothing project were for:

1. Each women to make a tailored garment for herself or another adult.
2. Each woman to learn tailoring techniques, so that she could make similar garments for herself and her family.

The procedures for the tailoring groups were:

1. Selection of pattern and fabrics.
2. Making pattern alterations.
3. Making muslin garment and fitting.
4. Making shoulder pads.
5. Cutting fabric.
6. Stay lining of material pieces.
7. Padding of fronts and collars.
8. Basting garment together and fitting.
9. Finishing.
Fronts and collars.
Belts.
Shoulder pads.

Buttons.
Hems.

For the past two years clothing project work has been aiming towards a tailoring project. The women have studied:

1. How to take accurate body measurements.
2. How to alter a pattern to conform to these measurements.
3. How to place a pattern on the material.
4. How to transfer markings.
5. How to place stay lines.
6. How to put on facings and seam binding.
7. How to put in sleeves.

Naturally, since extension work differs from classroom school work which has specific requirements for enrollment, some of the women in the tailoring classes had not mastered all of the above mentioned techniques of sewing. However, the majority of "hard to fit" women had a fair idea of how to alter the sleeves, busts and hips of their patterns so that they fit.

In order to avoid any possibility of a garment not fitting, each woman after selecting her pattern and fabric altered the pattern to fit her own measurements. She then made the garment out of muslin. This muslin garment was fitted and any needed alterations were made. Alterations in the muslin were later transferred back to the paper pattern so that the paper pattern could be used in the final cutting. This muslin pattern serves two purposes:

1. Eliminates any possibility of a homemaker wasting expensive material because the garment is too small in spots (does not fit).
2. Gives the homemaker an opportunity to practice any new techniques such as a special set-in pocket, square cornered set-ins and the like.

Placing the pattern on the fabric, cutting and stay lining rated high in what the women learned in tailoring. During the last few years in our clothing work we have emphasized pattern placement and cutting but the women had never felt the necessity for following instructions as they did in

these meetings. It has been of interest to the agent to note the carry-over of the cutting technique. Recently the agent listened in on a conversation between two homemakers. One woman was making her little girl a coat. Her friend said, "Did you cut from the wide to the narrow?", she said, "I sure did! I want the seams to match and not be stretched."

Stay lining of all cut bias edges was proved very important to the women. Some women hate to "waste" thread and really felt that stay-lining was a "waste." However, after a few of them had had to rip the same stitched seam or edge several times they realized the importance of not having the edge stretched. Probably where stretching of an edge showed up most prominently was on the lapels of suits and coats. Only two women stretched the edges of their suit lapels because of lack of stay-line stitching but they served to "prove the point" to the other women.

In spite of the specialist's recommendation many of the women bought charmein gabardine for their suits. By the time they had tried to pad the fronts and put in a blind hem they thoroughly understood why they should have used a softer material for their first suit.

An interesting side light on the tailoring classes happened to the agent one day. The agent saw the State Veterinarian on the street and he said, "I hear that you are teaching some of the women how to tailor. They tell me that they are learning to tailor all right but on the side they are learning a lot of new words!!!"

The culmination of the tailoring classes was a bi-county wide style show and tea. Camp Verde acted as hostess, one hundred eighty rural women from both counties attended - fifty tailored garments were modeled. The coat which caused the largest amount of comment was a three-quarter length leather coat made of deer skins. This coat gave many women the inspiration to save deer skins and make garments for themselves and their families. There are plenty of deer skins available in both Yavapai and Coconino counties and the cost of tanning and dying skins is nominal, especially when we consider the value of the finished garment.

The results of the tailoring classes were highly satisfactory. In fact so satisfactory that there immediately began to be demands for more tailoring in 1952. Both women who had and had not taken this year's course want another in 1952.

Buymanship of Textiles

At the program planning meeting held in August 1950 in preparation for the 1951 Home Demonstration program, an effort was made to direct the women's thinking towards budgeting but they were not willing to consider budgeting as such. They did, however, indicate a desire to study buymanship in all fields of homemaking. In the clothing field we decided to teach "Buymanship of Textiles" with emphasis on rayon and other synthetic fibers.

Today rayon is probably our most common synthetic fiber. There are many interesting variation and combination materials being made of this fiber. The primary things studied concerning rayons were:

1. Detection.
 - a. Rayon or other fiber.
 - b. Type of rayon.
2. Characteristics of each type of rayon.
3. Characteristics of combinations of synthetic materials and natural fibers.
4. Recommendations for a satisfactory label for rayon and part rayon fabric.

Leader training meetings were held by the agent and clothing specialist to train the leaders in the above principles. Leaders then took the information back to their individual clubs. Kits were supplied by the State office for the leaders' use.

In an effort to impress upon the women the importance of accurate descriptive labeling they were given samples of 100% virgin wool and rayon; simulated wool; Irish linen and rayon simulated linen. They were asked to tell which fabric was natural fiber and which rayon. Seventy-five percent of the women picked the simulated fabric for the genuine. Because of finishes which are now being put on linen fabric to make it crease resistant and permanently stiff, the moisture test no longer works. Then too, rayons are now being finished so that they do not stretch, wrinkle or pull. These finishes make it impossible for the majority of the homemakers to distinguish between rayon and other fabrics. During the last few months several of the women have put this training on buymanship to good use. Some salesmen have been going through the country peddling "100% English imported woolen" yardage. This yardage sells for from \$20.00 to \$35.00 per three yard piece and is sixty inches wide. The colors and quality are lovely but sad to say the material when tested for wool by the burning test proved to be rayon not wool.

Although a few women bought some of this material and got "stung" they now feel that they have learned a most valuable lesson. The majority of the women tested before they bought and therefore did not buy. One woman that bought some of the material said, "I've wanted a good rayon dress for a year or so but I hadn't really planned on paying \$10.00 a yard for the material. I surely will remember to test any unlabeled material before I buy it from now on."

Another woman who attended the leader training meeting said that she "went right home" and tested a "supposed" nylon shirt by the acetone test. Sad to say this material was not nylon, it was acetate rayon.

The most far reaching, lasting results of this project on buymanship of rayon are:

1. It made the homemakers conscious of the different types of materials and what the labels mean.
2. It made homemakers demand to see the label.
3. It taught methods of detection other than moisture, sight and feel.
4. It taught good and poor characteristics of each type of fiber: rayon, wool, cotton, nylon, linen.
5. It taught the requirements for an adequate label on material.

Sewing Machine Clinics

Twenty homemakers participated in two sewing machine clinics held in the county this year. All twenty machines were successfully cleaned, oiled and adjusted. One of the machines was at least seventy-five years old and needed several new parts. It was cleaned, oiled and temporarily adjusted until new parts could be received from the factory. These parts have since arrived and the machine is in good working order.

In the past five or ten years a good many women have bought inexpensive portable sewing machines of an "off" brand. The problems involved in cleaning, oiling and adjusting these machines are innumerable. Some of the parts are made of a "fiber-like" material which will not hold an adjustment for any length of time. One of the machines which the agent specifically remembers kept having the top tension

"jump" or "fall" out, post and all. The homemaker reported that this had always happened, that she just "stuck it back in and tried to go on sewing." The agent was able to hold the post securely in place by a special little clamp which had previously been ignored by the homemaker. In the opinion of this agent these "off brand" sewing machines will never be as satisfactory as the standard makes to which we are all accustomed. These machines are inexpensive because their construction is poor. These machines will not be usable in seventy-five years, parts will not be procurable.

The agent assisted ten individual women with sewing machine adjustments. These were done in isolated cases where there was no demand nor time for a clinic.

The value of sewing machine clinics is that they:

1. Teach women not to be afraid of their machine.
2. Teach women how to adjust top and bottom tensions and stitches.
3. Allow women to find out what is wrong with their machine (if anything is) and help them in procuring needed parts.
4. Teaches them type of oil to use.
5. Allows each woman attending to clean, oil and adjust her machine one time under supervision.

It is amazing the number of women who attend these clinics that had never even "touched" either of their tension adjustments. We hope that each woman goes home with a feeling of confidence regarding the working of her machine. In most cases the agent believes this to be true - at least half the women that attend sewing machine clinics go home and not only work on their own machines but assist others with tension adjustments and other minor repairs.

NUTRITION:

Food Selection and Preparation

General good nutrition is still one of the primary interests of the rural women of the county. Each year at our program planning meeting the nutrition group recommends that we study more about the "Basic Seven" with emphasis on some particular phase. This year (1951) they wanted emphasis on lunches, both home and box.

The aims of this project were:

1. To improve general nutrition.
2. To improve the luncheon menu.
3. To improve the consumption of lunches, especially box lunches.
4. To make lunches more attractive and less monotonous.

The agent demonstrated and discussed the Basic Seven food chart. Emphasis was given the quantity of food (number of servings of each of the Basic Seven) that should be taken each day for a person to be adequately nourished. Each homemaker realized the hopelessness of any person eating this much food at any one meal. Over half the mothers indicated that their problem was that children and sometimes everyone left the house without an adequate breakfast and that they also carried their lunch. Therefore, unless the lunch was adequate the problem of food nutrition was insurmountable. Sample menus for both box and home lunches were given to the homemakers. The box lunches were variations of the home lunch so that the homemaker having both types of lunches to prepare could give the entire family a similar meal.

The following is a sample of the luncheon menus recommended:

MENU

<u>HOME</u>	Monday	<u>BOX</u>
Creamed vegetable soup		Creamed vegetable soup
Meat sandwich		Meat sandwich
Sliced tomato and lettuce		Fresh tomato
salad		Cup cake
Cup cake		Drink
Drink		

HOME

Tuesday

Grilled cheese sandwich
Waldorf salad
Fruit pie
Drink

BOX

Creamed cheese sandwich on
banana nut bread
Waldorf salad
Fruit pie
Cocoa

Wednesday

Vegetable beef soup
Fruit salad with cottage
cheese
Bread and butter
Cookies
Milk

Vegetable beef soup
Slice ham and cheese sandwich
Lettuce
Carrot and celery sticks
Fresh fruit
Cookies
Milk

Thursday

Hard cooked egg salad
Bread and butter
Fruit
Cookies
Hot chocolate

Egg salad sandwich
Lettuce
Fresh fruit
Oatmeal raisin cookie
Hot chocolate

Friday

Soup
Scalloped cabbage with
cheese
Sliced tomato salad
Bread and butter
Cake
Milk

Scalloped cabbage and cheese
Meat sandwich
Lettuce
Fresh fruit
Cake
Cocoa

Saturday

Cream of tomato soup
Raw vegetable plate
Date nut bread and butter
Fruit cup
Drink

Creamed tomato soup
Date nut bread and butter
sandwich
Raw vegetable sticks
Fruit cup
Drink

Various types of sandwich fillings, sandwich cuts and packaging materials were demonstrated. The types of packaging materials demonstrated were:

1. Aluminum foil.
2. Plyofilm wrapping and bags.
3. Waxed paper.
4. Waxed sandwich bags.
5. Waxed seal paper.
6. Plastic sandwich and pie boxes.
7. Plastic cups (tupper ware).
8. Waxed paper cups.
9. Wide mouthed thermos bottles.

Hints for and/or short cuts in sandwich making were also given. (Copy attached)

Nutrition problems which seemed to be fairly universal with regard to children and their lunches were:

1. Most children have to catch an early morning school bus and do not eat breakfast before leaving for school.
2. Children as well as adults soon become tired of box lunches and do not eat them.
3. The mother who packs a well balanced lunch for her child often finds that he is trading with some other child for a less well balanced lunch.
4. Even hot school lunches in most cases do not solve the problem because many children have been allowed to indulge definite likes and dislikes with regard to food.

The agent has been interested to note the effect of these luncheon menu discussions on the picnic and pot luck luncheons which she has attended in recent months. Sandwiches are almost never cut in the conventional plain halves. Menus are well planned with a good variety of all of the Basic Seven foods present.

SHORT CUTS IN SANDWICH MAKING

A. Avoid last minute rush:

- (1) Plan luncheon menus ahead.
- (2) Prepare luncheon spreads when doing regular meal preparation.
- (3) Prepare and freeze sandwiches if you have a freezer.

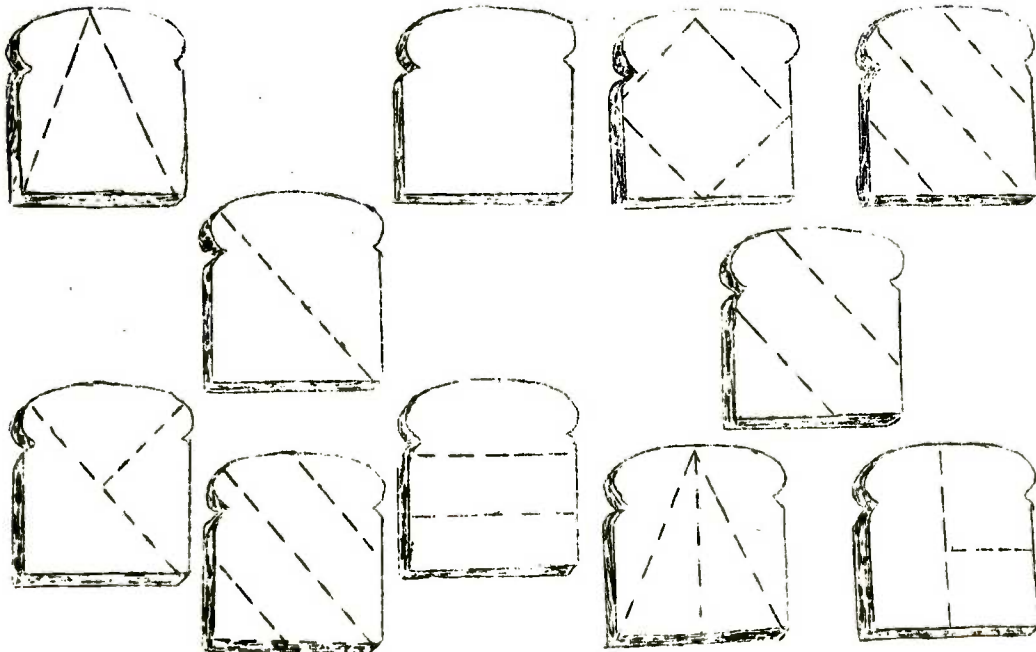
B. Have a sandwich center with correct and necessary equipment there:

- (1) Week's lunch box menus.
- (2) Utensils - wax paper - lunch box storage.

C. Use assembly line method for preparing lunches:

- (1) Assemble filling (soft enough to spread).
- (2) Assemble and prepare fruits and/or vegetables.
- (3) Line up slices of bread, in pairs.
- (4) Spread bread with butter or margarine.
- (5) Spread bread with filling.
- (6) Add lettuce before closing sandwich.
(Lettuce and other vegetables are better if packaged separately and added just before eating.)
- (7) Stack sandwiches and cut several at one time.
(Variety in cuts makes the sandwich less monotonous.)
- (8) Wrap or package sandwiches individually.

VARIETY OF CUTS FOR SANDWICHES



The agent is continuously gratified to have the women interested in studying the basic principles of good nutrition. Five years ago when the agent came to the county it was impossible to get the women to talk or think nutrition. Throughout all of the nutrition work in the county in the past years an effort has been made to keep nutrition on a practical basis. An effort has also been made to keep all foods discussions and demonstrations on an average cost basis. Neither high cost nor extremely low cost menus have been emphasized although some of each are always brought out in the talks and demonstrations. Occasionally an unusual or odd combination of food is mentioned but only as something which they might like to try sometime, the entire demonstration is not focussed around this unusual dish.

Most of the rural people in Yavapai County have the food for good nutrition if they properly plan and prepare it. Of course, there are exceptions to this but they are in the minority.

Last year (1950) and the year before (1949) through our nutrition studies we found that the majority of our homemakers prepared the proper foods but didn't take the time to eat properly themselves. Then too, in many cases the homemaker was overweight and felt that she could lose weight by skipping certain meals.

Next year (1952) the women have asked to study "more of the Basic Seven with emphasis on foreign dishes." They also asked to study bread making. Both of these projects are good follow-up for the previous nutrition work which has been done in the county.

Buymanship of Food

Buymanship of food was selected as one of our problems in buying for the year 1951. The importance of good practices in foods buying was emphasized since foods purchases play such an important part in the health of the entire family.

The aim of this project was;

1. To impress homemakers with the importance of planning what to buy (quality and quantity).
2. To impress homemakers with the importance of planning how much to pay for what they want (cost).

3. To impress homemakers with the importance of reading the tables on canned goods and understanding what the label means (selection).

The role of good foods buying practices was demonstrated by the use of canned vegetables packed by the same canner but of varying grades. For example - Reid Murdock Packing Company packs first quality, Monarch; second quality, Yacht Club. While both of these packs are good, safe foods to eat, the first quality is a fancier pack than the second grade quality. The agent emphasized the importance of buying the proper quality and type of foods for each finished product. For example:

1. Cream style corn for corn pudding.
2. Flaked salmon for salmon loaf.
3. Not solid pack tomatoes for soup, etc.

It was demonstrated that through this means of planning and selection from five to fifteen cents per can of food could be saved. Also that the food value (as long as the packer was reputable) would be approximately the same.

Old foods superstitions of combinations of foods as well as the handling of opened canned foods were discussed. Several homemakers reported that they had always been afraid to use a can of food if it wasn't immediately emptied from the tin can. The agent endeavored to explain how and why these foods superstitions had grown to be a part of the homemakers thinking. It is amazing the number of superstitions that still cling to each homemaker's thinking. That they can't eat fish and milk; berries and milk, etc. at the same meal.

The Federal Pure Food, Drug and Cosmetic act was presented to the women and discussed. Its strong and weak points were pointed out and discussed. Many of the homemakers did not realize that this law was effective only if the goods were shipped across state lines.

"A", "B", "C" labeling of canned foods was discussed as well as the more informative descriptive labeling. Seventy-five percent of the women reported that they liked the descriptive labels, recipes, etc. which appear on these labels. Several of their favorite recipes have been procured in this way. All of the homemakers were made extremely conscious of the part which they can and must play in getting

and maintaining improved labeling of canned foods and of all packaged foods. The women realized that since more and more foods are being packaged before they have an opportunity to examine them that descriptive labels are very important and will continue to be even more important.

High Altitude Baking

Fifty bulletins on high altitude baking were given out from the office and through the mail. No demonstrations on cake making were given.

Food Preservation

Standards

In the late summer of the past two years, there have been requests for information of how canned foods, jellies, jams, preserves, pickles, etc. are judged at the County Fair. In 1949 this request was partially answered by the agent holding two leader training meetings and giving mimeographed score cards for distribution to all interested homemakers. One of the biggest problems, however, seemed to be that the women did not know how to classify their fruit spreads. Everyone knows what jelly is but the confusion about other spreads is amazing. One homemaker calls everything that she makes jam, another preserves, etc. The agent prepared samples of as nearly perfect;

1. Jelly,
2. Preserves,
3. Conserves,
4. Jam,
5. Butter,
6. Marmalade,

as possible. These samples along with mimeographed definitions were discussed at the meetings throughout the county. The Jel-meter was demonstrated and a sample of jelly was made. This demonstration illustrated

1. The use of the Jel-meter.
2. The use of liquid pectin either homemade or commercial.

3. The sheeting off test in jelly making.

These definitions and canned foods score cards were published in the fair book and in the newspapers. The agent wanted each homemaker to have an equal opportunity to select her best canned foods for exhibit.

Freezing

The preservation of foods thru freezing is very widespread in the county. Many farmers and ranchers own their own home freezers as well as making good use of the two commercial locker plants. Because such good coverage on freezing was gotten last year with the ten freezing demonstrations held throughout the county, no effort was made this year to hold such widespread demonstrations. One hundred individual requests were answered through bulletins and personal discussion.

Some homemakers have had unpleasant experiences freezing butter. Through a few home visits and personal interviews the agent discovered that those homemakers were wrapping butter in ordinary household wax paper. A very unpleasant kerosene taste naturally developed. Parafine is, of course, a derivative of the oil industry. This is only one more example of what can happen when the proper packaging materials are not used. In all cases the agent attempts to impress upon anyone preserving food through freezing the importance of using a good moisture vapor proof packaging material. During the summer months the agent keeps samples of the good and poor types of packaging materials readily available for illustrative purposes. Very few complaints have been received this year (1951) because of poor packaging of any type of food. Local merchants as well as locker plant operators and homemakers are to date well informed in the proper methods of packaging foods for the home freezer.

One food preservation school was held this year in Cottonwood. The homemakers wanted to prepare and freeze a luncheon to eat at their next meeting. The agent assisted with the planning and offered technical advice and comments during the preparation. The menu was:

Chicken a la King
Buttermilk biscuits, butter
Seasoned string beans
Fruit salad
Frozen cucumbers
Frozen green peppers
Lemon meringue pie
Coffee - tea

Comments:

1. The chicken a la King had hard boiled eggs added to it after it was heated, just before serving. Everyone agreed that this dish was exceptionally good after freezing. The agent explained that hard boiled egg whites become tough upon being frozen.
2. Buttermilk biscuits were made, frozen for two weeks and baked. These were exceptionally flaky and tender.
3. String beans were prepared, blanched, cooled, frozen for a month, put in seasoned liquid and cooked until done in a pressure saucepan (10 minutes). Everyone liked these beans. Frozen string beans seem to be one of the frozen vegetables which the average family does not like. With this in mind the agent suggested using seared bacon for seasoning and cooking for ten minutes in the pressure saucepan. Then the beans were simmered for a few minutes for the intermingling of flavors. These frozen string beans were liked by all of the women.
4. Fruit Salad. This was a combination of sliced peaches, Thompson seedless grapes, cantaloupe, watermelon and nectarines prepared and frozen in a sugar syrup. The interesting thing about this salad was the mixture. Previous to being frozen the combination of fruit was very poor but after being frozen, thawed and with a fruit dressing it was delicious.
5. Cucumbers and green peppers. The frozen cucumbers were unanimously pronounced very poor. They were frozen in a brine and upon being thawed were limp and tasteless.

The green peppers were very good. These were simply cleaned, packaged and frozen. They retained their color, flavor and texture and were considered a desirable product.

6. Lemon Meringue Pie. This pie was a continuation of an experiment by the agent. The pie pan is lined with stiff meringue and baked at 250° for about an hour. This is then filled with an egg yolk lemon filling, stored over night in the refrigerator, then frozen until

time to use. Just before using the thawed pie is covered with whipped cream and fruit. Both the whipped cream and fruit were previously frozen and thawed. This makes a very pretty dessert as well as an appetizing one. The agent was interested to prove to the ladies that although hard boiled egg whites become tough when frozen a well cooked meringue of this sort does not.

The women all unanimously declared their frozen luncheon a success. The agent feels sure that each and every one of these homemakers is getting more use out of her home freezer than she did previous to the freezing school and luncheon. The objects of this school were:

1. To teach proper freezing techniques.
2. To increase the homemaker's use of her home freezer.
3. To encourage spare time preparation of food for busy time good eating.

Pressure canner testing

Twenty pressure canner lids were tested this year. Five new gauges and two new "pop offs" were recommended.

HEALTH AND SAFETY:

One of the big health problems in the county for the last two years has been the prevalence of household flies. Apparently these household flies have built up an immunity to the most common insecticide DDT. In 1950 when the agent held countywide freezing meetings, flies were a very serious problem.

Homemakers realized that they themselves were more or less hopelessly lost in the situation unless they could get everyone in the area to cooperate in a fly control program. Consequently the Agent, County Agent and State Extension Entomologist agreed to assist with the educational portion of such a program. Homemakers clubs, PTA's, Lions Clubs and Farm Bureaus arranged meetings on a community basis. These meetings were an educational film and talk on the house fly. Dr. J. N. Roney discussed with those present how community wide fly control had worked in other areas.

The object of these meetings was:

1. To impress people with the health hazards of the common house fly.
2. To give recommendations for fly control.
 - a. Cleanup
 - b. Spray mixtures
3. To instigate local and community wide fly control practices.

Unfortunately the weather and a too popular date contributed to a poor turnout in numbers for these meetings. However, the community leaders from each group were present. A great many of good individual fly control practices were used this year. The mixture of DDT and Benzine Hexachloride and/or Lindane proved beneficial but were not 100% of course. Both homemakers and their husbands are already requesting similar meetings for the early Spring of 1952. It is naturally difficult to get mass action on a problem such as fly control but the fact that leaders and others recognize it for a problem is hopeful.

An interesting side light on fly control is that throughout the summer no matter where the agent held a meeting the area was treated with a residual spray for flies before the meeting began.

Chest x-ray

The chest x-ray mobile unit visited each community this year. Homemakers clubs made it a part of their program for each member and her family to have an x-ray.

RECREATION AND COMMUNITY LIFE:

Recreation played an important role in all homemakers clubs this year. Each club tried to learn a new game at each meeting. The recreation leaders really did a good job.

Clubs also met with each other throughout the year for pot luck dinners, parties, etc. Probably the most outstanding recreation event for the year was the style show and tea given by the Camp Verde homemakers in April. The values of these events are many fold. Some of these values are:

1. Help rural women to become better acquainted with women from other areas.
2. Create a pride in each community and what they can do.
3. Give women an opportunity to exchange ideas.
4. Let each group see what others are doing.

MISCELLANEOUS:

Yavapai County Fair

Approximately 1200 individual entries of home economics were entered at the Yavapai County Fair this year. Exhibits of canned and frozen foods were greatly increased over last year. However, there has been a progressive decrease in the number of quilts and crocheted items since the Fair first re-opened in 1947. The agent feels that this is an indication that the things which are being entered are things which were made this year and not things which were made years ago and are just being drug out for exhibit. This year saw an increase in the amount of clothing exhibited. Thirty-five suits and coats were exhibited along with a number of cotton garments both plain and fancy.

This year saw a large increase in the number of community booths (75% increase). A score card was set up for these booths and published in the Fair book so that everyone interested would know how the booths were judged - copy attached under planning.

Yavapai Calf Sale

Two thousand people from all over Arizona attended the 1951 Yavapai Cattle Growers Calf Sale this year. To those not participating in the Calf Sale (selling calves) it is an opportunity to meet old friends and make new ones.

Yavapai Cowbells

The agent attended all Yavapai Cowbelle meetings held in the county this year. The Cowbells have many civic projects. Four-H clubs, Girls State and Boys Ranch are their primary projects. Since all of these projects involve money grants most of the Cowbelle activities are concerned with raising money to finance these activities. The agent assists the Cowbells in all ways possible.

EXTENSION INFORMATION:

The agent took one hundred and fifty colored slides of extension activities both adult and 4-H this year. These slides were used at club meetings and planning meetings to give a bird's-eye view of the Yavapai and Coconino county Home Demonstration program. These colored slides were also shown to all 4-H clubs and Homemakers clubs in the county to let each community see what the county as a whole was accomplishing. The 4-H pictures are especially helpful at organization and re-organization meetings. When the members see what some of the other clubs are doing, it inspires them to do better and to participate in more activities.

Specific colored slides were taken of the:

1. Tailoring project.
2. 4-H activities.

The agent originally planned to include some black and white reproductions of these slides in her annual report. However, the cost of reproduction did not seem to be justified for such a purpose.

The agent did not write a news column. All information regarding county meetings, projects and accomplishments was given to all three newspapers in the county and was printed by them. These papers are all most cooperative.